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Diaper Changing: How Often?

When it comes to the diaper area, **HEALTHY SKIN IS DRY SKIN.** Wet skin quickly becomes fragile and vulnerable to diaper rash. To minimize wetness from diapers, change them frequently. Consider using super absorbent diapers, which help keep moisture off the skin. If you use cloth diapers, it is wise to be a little more vigilant about checking and changing them.

TIME FOR A CHANGE

In general, change your baby's diaper right before or right after every feeding and after every bowel movement. Also change diapers before bedtime, when your baby wakes up, and before you take him or her on an outing. For diaper changes, you should have on hand: a clean diaper, a soft wet washcloth or baby wipe. Baby wipes should be used sparingly in the first month, as they can irritate a newborn's sensitive skin. Make sure that you have everything ready before you begin so you never leave your baby unattended.

First, remove the diaper. Then use your wipe or warm, wet washcloth to wipe baby's bottom. Always wipe from front to back to minimize the amount of stool material that gets near the genitals.

If your baby develops any irritation in the diaper area, a mild diaper ointment such as Balmex or Desitin can be used. Powder is not recommended, since there is a risk your baby may breathe it into his or her lungs as you are applying it. If a more severe diaper rash develops, call your doctor for advice.